

Red Monster Smoothie

Makes: 2 Servings

Ingredients

- 1 **cup** kale or spinach
- 1 **cup** strawberries
- 1 banana, medium
- 1 **cup** water (optional almond milk or coconut milk)
- 1 **cup** blueberries
- 1 **cup** pineapple
- 1 orange (peeled and sliced)
- 1 cup of ice

Directions

1. Using a blender, mix the greens and the liquid of your choice.
2. Gradually add in the rest of the ingredients, blending after each addition.
3. Separate into two cups and reserve one serving for later.

Northern Valley Catholic Social Service

Nutrition Information

Key Nutrients	Amount	% Daily Value*
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Total Calories	180	
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Total Fat	1 g	
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Protein	4 g	
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Carbohydrates	44 g	
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Dietary Fiber	7 g	
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Saturated Fat	0 g	
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Sodium	20 mg	
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*Percent Daily Values are based on a 2,000 calorie diet.

MyPlate Food Groups

Fruits	2 cups
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Vegetables	1/4 cup
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